

Patterson Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio Blast 8:30 - 9:30 a.m.	Yoga 8:30 - 9:30 a.m.	Cardio Blast 8:30 - 9:30 a.m.	Pilates 8:30 - 9:30 a.m.	Core Values 8:30 - 9:30 a.m.	
Senior Sensations 9:30 - 10:30 a.m.	Zumba 9:30 - 10:30 a.m.	Senior Sensations 9:30 - 10:30 a.m.	Zumba 9:30 - 10:30 a.m.	Senior Sensations 9:30 - 10:30 a.m.	Saturday Surprise 9:00 - 10:00 a.m.
	Zumba 4:30 - 5:30 p.m.		Step-n-Sculpt 4:30 - 5:30 p.m.	Body Sculpt 4:30-5:30 p.m.	
Step-n-Sculpt 5:30 - 6:30 p.m.	Step-n-Sculpt 5:30 - 6:30 p.m.	Body Sculpt 5:30 - 6:30 p.m.	Cardio Blast 5:30 - 6:30 p.m.		
Yoga 6:30 - 7:30 p.m.	Step-n-Sculpt 6:30 - 7:30 p.m.	Yoga 6:30 - 7:30 p.m.	Body Sculpt 6:30 - 7:30 p.m.		

Body Sculpt

Weight and resistance training for anyone. Tone and tighten from your head to your toes using bands, physioballs and weights.

Cardio Blast

Incorporates boot-camp moves, step, and weight training to maximize your caloric output, fat burning and total body toning.

Pilates

Lengthen, strengthen and tone your way to a better body. Pilates concentrates on stabilization, alignment and core strength. Significant abdominal and lower back work.

Saturday Surprise

This class will vary each week depending on instructor and participant input. Get the workout you want!

Senior Sensations

Especially designed for sensational men and women over 50. This class will improve your cardiovascular capacity, as well as your flexibility.

Step-N-Sculpt

Have fun while giving your heart a great workout, then sculpt key muscle groups using free weights. Abdominal work is also included in this full-body workout.

Yoga

For beginning and intermediate levels. The class focuses on improving your balance and flexibility, while at the same time reducing stress. A great way to wind down.

Zumba

A dynamic and exciting dance-based fitness program for everyone! Fuses Latin rhythms with international music themes and combines the principles of interval training and resistance.

